

JELINEK JOURNAL

703-584-5996

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TO CANDY, MANNY, AND ALL THE DOGS I'VE LOVED

Enjoying Life as a Pet Owner

When my wife and I got married, she brought with her two Springer Spaniels, and I brought a Boxer with me. Our dogs were part of the deal, and thankfully, we were both dog people and knew our pets would be welcome in each other's lives.

I have been a dog person my whole life. Growing up, my family raised Boxers, and after all her children moved out of the house, my mom premiered her Boxers at dog shows.

I always enjoyed the dogs we had, but I bonded particularly well with Candy, the Boxer we had when I was a young teenager. Candy and I got along like two peas in a pod. She slept downstairs with me every night, and she even got me in trouble one summer night when I tried to sneak out of the house. Candy was always finding her way into mischief. She once ate my entire birthday cake. Another time, she crawled around the fireplace and rubbed the soot off herself and onto the white carpet in the apartment we were renting. I'm sure Candy gave my parents nothing but headaches, but I loved her nonetheless.

Throughout our marriage, Marilyn and I have had a number of pets. Today, we have two Springer Spaniels and 13 chickens. We had more chickens years ago, and back then, our dogs were scared of the birds. Today, the dogs and chickens are more curious about one another and often watch each other through the fence. At the time of writing this, we are expecting the chickens to lay eggs soon, and we can't wait to crack them open and see that brilliant orange hue of the yolk again.

But as every pet owner knows, the downfall of having a pet is the inevitable passing.

Sadly, Marilyn and I had to say goodbye to our favorite Springer Spaniel, Manny, this September. We adopted Manny when he was just a very small pup, and we were lucky to get 13 years of memories, fun, and laughter from him. My wife was particularly close to Manny, as she had raised him from a small puppy into his senior adult dog years. When I would kiss my wife goodnight, Manny would puff up his chest and go ballistic. No one was messing with his mom, not even his dad.

But Manny and I were still best buds. When I would come home in the evenings, Manny would run to the gate at the end of our long driveway

and beg for a ride back up to the house. So I would open my door, Manny would hop in my lap, and we would drive up the long driveway together nearly every night, without fail.

Manny was a lovable, sweet, hilarious dog who made our home bigger and warmer. His antics are sorely missed around our house, and losing him has felt like losing a member of our family. As every pet owner knows, it's never easy to say goodbye to your best friend, but if you're anything like me, the joy of the many times you spent with them is worth it all.

- H. Charles Jelinek, Jr., DDS



FALL FAMILY FUN

Decorate Your House With Your Own Creations!



The leaves are turning, the weather is changing, and the holidays are right around the corner, which means it's time to bring out the fall decor! To make this season especially memorable for your family, create your own decorations with these fun ideas below.

PINE CONE PAINTING

Go on a family walk through the park to pick up a few fallen pine cones or take a quick trip to the store to buy a bag. Once everyone has their own hand-picked pine cone, grab a paintbrush and a few colors and have at it! For extra flair, add some fixings like glitter, beads, sequins, string, and more.

LEAF PAINTING

Take a trip outside with the kids to pick out some large, unbroken leaves, then head back inside and get creative! You can pull out the construction paper and paint trees, using handprints and "arm prints" as the trunks and branches. Paint the leaves you found to spruce up your trees or use them as decorations on their own. You can also use them for leaf printing or leaf pressing.

FUN FINGER FOOD

When you've got multiple friends and family members coming over and you need snacks, edible decorations are the way to go. You can get a little creative and make elaborate treats, or you can opt for delicious and easy-to-make finger foods with your kids. A good starting treat for your family is a batch of pumpkin Rice Krispie Treats. Add orange food coloring to the mix and get your kids to shape the treats like pumpkins before using a few pretzel sticks to make sturdy stems.

THANKSGIVING CRAFTS

Thanksgiving is only a month away, and your possibilities for holiday-themed crafts are endless with just a few supplies like paper, scissors, markers, and string. You can make turkey placemats, tissue paper trees, pumpkin garlands, paper pumpkins, or leaf mobiles to hang from the ceiling. Compile a list of ideas and have your kids pick out which craft they want to do first, then get to work together to create as many decorations as you want to display for Turkey Day.

With these engaging craft ideas, the whole family will be eager to make their own decorations and show them off for months to come!

Finding Relief

No Matter How Old You Are

There's nothing like a few added wrinkles or gray hairs to remind you of the inevitable: You're getting older. As you age, many things begin to change, and your medical concerns grow. Sleep apnea and temporomandibular joint (TMJ) disorders can affect anyone at any age, but as you get older, the chances and severity of these conditions can increase.

However, even though the prevalence of sleep apnea and TMJ disorder is more apparent in older adults, it doesn't make the treatment of these conditions any harder. In fact, studies have found that treatments for sleep apnea can be just as effective for older adults as they are for young adults!

This past year, Dr. Jelinek treated a 70-year-old woman who had been suffering from chronic headaches for the past 14 months after falling and hitting her head. After investing time and energy into seeking help from various specialists, neurologists, and doctors, this patient was referred to Dr. Jelinek's care by a thorough neurologist who believes Dr. Jelinek is the most knowledgeable on TMJ disorders.

The subsequent Google review she left for Dr. Jelinek tells her story best. She wrote, "My first visit lasted 1 1/2 hours and involved extensive X-rays and scans of my head, jaw, and face ... no other dentist had ever taken this thorough of an approach. After reviewing all my tests, Dr. Jelinek spent 45 minutes going over, in detail, what my results were: A severe case of TMJ [disorder]. Dr. Jelinek then ordered an appliance made to exact specifications based on the pertinent data from my tests.

"Fast forward to today, when I am celebrating my fifth month of wearing my lower mouth appliance 24/7 and rejoicing in the fact that my daily headaches have lessened to one or two a month. And my jaw pain is about 75% alleviated. **For anyone out there who has TMJ and wants to alleviate the chronic head and jaw pain, run — don't walk — to see Dr. Jelinek.** You will be greeted in the waiting room with fresh chocolate chip cookies and the warm, smiling faces of his highly competent staff!"

You're never too old to seek relief from chronic pain and debilitating diseases. Call our office today at 703-584-5996 to schedule your appointment.



Reviewed on Google, Saturday, July 27, 2019

“Based on referrals, I sought treatment for my sleep apnea from Dr. Jelinek, Jr., DDS. Sleep apnea is a common disorder that results in the involuntary cessation of breath while someone is sleeping. I had severe sleep apnea, and, after several years of unsuccessful results from a CPAP machine, I was interested in trying an oral appliance. An oral appliance is a custom-fabricated dental device that moves the lower jaw into a forward position, increasing space in the airway. The extra space created prevents the airway from collapsing, which can help reduce sleep apnea. Without treatment, sleep apnea can result in high blood pressure, which can damage the walls of the carotid arteries and increase the risk of stroke. I elected to seek treatment from Dr. Jelinek because he is one of only five dentists in the Washington, D.C., metro area who is a Diplomate of the American Board of Dental Sleep Medicine. He is especially qualified and experienced in treating patients with sleep apnea who are CPAP-intolerant. My experience thus far has been OUTSTANDING! Dr. Jelinek and his entire staff are extremely professional, courteous, and caring. Every step of the process for obtaining an oral appliance was explained in detail, with measurement procedures performed in expert fashion. I have been using an oral appliance for approximately one month. The results have been immediate and life-changing. I now sleep throughout the entire night without waking up three or four times like I was prior to my using an appliance. I am now able to reach such a deep sleep that I experience incredible dreams, compared to no memory of dreaming when I was

previously waking up often. I would rate my experience and results from Dr. Jelinek and his superb staff as an A+. I am very pleased and deeply appreciative of my improved ability to sleep through the night. I now look forward to an evening's sleep compared to my prior experience when it was a constant battle to fall asleep. I sincerely thank and am very grateful to Dr. Jelinek and his entire crew for their dedication to improving the lives of patients through the use of an appliance that provides restorative sleep.”

–Reviewed by H. C.

Like H. C., I too have sleep apnea, and I never ever, ever, ever, ever go to bed without my oral appliance to treat my obstructive sleep apnea. Like H. C., my life has changed!

Isn't it time for you to address your sleep apnea?

**Call 703-584-5996 to set up
a complimentary consultation!**

**H. Charles Jelinek, Jr., D.D.S.
Diplomate of the American Board of Dental Sleep Medicine
www.NorthernVirginiaDental.com**



HCJ

H. CHARLES JELINEK, JR., D.D.S.

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Frightening

MONSTERS

Fearsome



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SCARY!!**



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Throwing hard earned money down the drain

Think about it: You've paid your insurance bills all year long — so allowing your dental benefits to expire is like throwing all the money out the window ... or paying for a movie ticket, popcorn, and soda (which is extremely expensive these days) and skipping the movie to watch television reruns instead. Now is the perfect time to schedule your dental appointment and take advantage of those benefits before they expire! We'll make sure you are grinning as much as your jack-o'-lantern (but without all the missing teeth).

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The Problem with CPAPs

THE BIG, GLARING ISSUE WITH SLEEP MEDICINE'S 'GOLD STANDARD'



Continuous positive airway pressure (CPAP) therapy has long been the "gold standard" for treating sleep apnea. The machines push air through a hose and mask into the user's airway, delivering the much-needed oxygen the body struggles to obtain during regular sleep.

But CPAP machines are only great if you can use them.

Many CPAP users complain of discomfort or strain from tangling with the mask and hose they

have to wear all night, while others experience dry mouth, upset stomach, disturbances from the loud noises of the machine, and claustrophobia while wearing their mask, among other difficulties.

Because of the discomfort experienced with CPAP machines, many patients avoid using them. In fact, nearly 50% of CPAP users admit to regularly not using their machine, and this isn't anything new! A 2016 study found that rates of usage by prescribed users have remained low for 20 years. This only exacerbates the issues and deadly side effects of sleep apnea, which can include an increased risk of heart attack or stroke.

Instead of shying away from sleep apnea treatment, it's time to dethrone CPAP machines as the gold standard of sleep medicine. Instead, other less-invasive options are just as effective for patients living with sleep apnea.

Dr. Jelinek can consult with you to create a treatment plan that will fit your lifestyle. These plans include implementing oral appliances that ease the lower jaw forward or hold the tongue in place to open your airways, as well as therapies intended to retrain your body how to breathe and position itself in your sleep. We can also provide you with resources for various other contributing factors to your sleep apnea, including solutions to weight loss.

Continuing to view CPAP machines as the best solution to treating sleep apnea is a dangerous practice. Instead, at H. Charles Jelinek, Jr., DDS, we know there are better solutions for those who struggle with restrictive CPAP machines. Stop being bound by your CPAP machine. Discover more treatment options by calling us at 703-584-5996 or visiting NorthernVirginiaDental.com today.

Sudoku

	2			8	7	1		6
1	9				5	7		
3		8		6		2		
6	5	7						1
8			6		3		7	2
9	3		1	7				
	6		8	3	2	5		9
2	8			1	6		3	
			7	4	9	6		

Solution on Pg. 4

Chocolate-Dipped Fruit

Inspired by Food Network

This super easy and fun way to create homemade treats provides your kids with a healthier and more delicious alternative to packaged industrial candy. As a bonus, making it is an awesome Halloween activity for your family to enjoy.

INGREDIENTS

- 1 package melting chocolate
- Assorted dried fruit, including apricots and mangoes

DIRECTIONS

1. In a large saucepan, bring 1 inch of water to a boil.
2. Place a large, heatproof mixing bowl on top of saucepan so that no steam can escape. Place melting chocolate in mixing bowl and double boil until melted.
3. Dip half of each piece of fruit in chocolate before transferring to a parchment-lined baking sheet to rest.
4. Let cool for 10 minutes until chocolate solidifies.
5. Place in school lunches, serve at parties, and indulge in a few for yourself.



4	2	5	3	8	7	1	9	6
1	9	6	4	2	5	7	8	3
3	7	8	9	6	1	2	5	4
6	5	7	2	9	8	3	4	1
8	4	1	6	5	3	9	7	2
9	3	2	1	7	4	8	6	5
7	6	4	8	3	2	5	1	9
2	8	9	5	1	6	4	3	7
5	1	3	7	4	9	6	2	8

Solution from Pg. 3

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Hayrides and Headless Horsemen Halloween Celebrations in Sleepy Hollow



In 1790, a school teacher named Ichabod Crane was riding home alone from a harvest festival in the village of Sleepy Hollow when he encountered a mysterious rider on horseback. Crane, horrified by the horseman's missing head, turned and ran in the opposite direction. The Headless Horseman gave chase, hurling his own decapitated head at the terrified teacher. Ichabod Crane was never heard from again ... or so goes "The Legend of Sleepy Hollow" by Washington Irving.

This story, first published in 1820, has become a Halloween favorite. The legend is so beloved that in 1997, the village of North Tarrytown, New York, where many events of the story take place, officially changed its name to Sleepy Hollow. Today, the town becomes one big Halloween party during the month of October.

Sleepy Hollow is home to many historic landmarks, including the Headless Horseman Bridge and the Sleepy Hollow Cemetery, where Washington

Irving himself was laid to rest. Evening lantern tours of the cemetery are a popular attraction, and Irving isn't the only spooky celebrity buried there. Fans of the Gothic soap opera "Dark Shadows" will be delighted to enter the crypt of famed vampire Barnabas Collins.

Another highly anticipated stop for many guests is Sleepy Hollow's premier annual attraction, Horseman's Hollow, an experience not for the faint of heart. During the event, the 300-year-old Philipsburg Manor is transformed into a living nightmare, where vampires, witches, ghouls, and undead soldiers lurk in the shadows. They all serve the dreaded Headless Horseman and are determined to make sure guests don't leave alive!

But it's not all scares in Sleepy Hollow. There's plenty of Halloween fun for all ages. Sleepy Hollow boasts relaxing hayrides, tours of Irving's home, live readings of famous Halloween stories, performances of a brand-new musical based on Irving's spooky tale, and the Great Jack O'Lantern Blaze, an incredible exhibition of over 7,000 hand-carved pumpkins.

If you want a real Halloween experience, you can't go wrong in Sleepy Hollow. Just be careful not to lose your head!